

## **The Ignored Element in the Revolution – Health, Diet and the Struggle.**

– By Sicelo ‘Vezi’ Mlamabo.

Our revolution has entered a phase of reflection, perpetual and constantly elevated promulgation of equality of all forms. This is a task of sober minded South African young revolutionaries from all Mass Democratic Movements structures.

The struggle requires us to have an astonishing degree of thinking ability, focus and physical energy at its apex. Of all body parts, our intellects have the biggest roles in the revolution, especial students’ revolution and the majority of youth dominated structures. There has never been a phase of revolution where thinking loses its significance. To a greatest consternation, the young in the struggle are drunk of all forms of liquor sold under the blue sky. To top it all off, this has become normal that comrades are drunkards. When these young folks get drunk, besides drawing alcohol-influenced plots and slates, they call alcohol ‘revolutionary waters’.

Since when did not being able to think ‘straight’ is revolutionary? Being drunk is a biological matter. Liquor deals with a drunkard neuropsychologically. There is evidence everywhere, one would not bore the reader with Dr Mercola, Skye Gould and Kevin Loria’s detailed report explaining what happens to your brain when you get drunk. It is of general knowledge that being drunk on duty is unprofessional.

Not only alcohol. Heathy living. Think around yourself. How many comrades do you know who would prefer vegetables and fruits over meat and booze? This does not aim to insinuate a directive, but to focalize on the proven fact that vegetables and fruits are heathier than meat. Healthy people have best emotional intelligence. Healthy people have a remarkable degree of intellectual balance, they are sober at all times.

Revolution requires intellectual consistency and high emotional intelligence. I cannot waste the time of a reader by bringing Daniel Goleman's quotes from his book 'Emotion intelligence'. The issue of diet cannot be left out in the maintenance of the intellectual wellbeing of cadres. There is an ironical saying which has maintained its existential validity, which goes, 'Thou art what thou eatest'. Albeit one may not agree with everything it promulgates, but our diet influence our physical, psychological and social wellbeing. Eating unhealthy food, inter alia, junk wrestles with the intellectual uprightness of the person. How can the masses trust an intellectual challenged person?

I will be 22 years old by August, I have never heard of any branch, region or province of any MDM structures that has convened a physical exercise program, encouraging healthy living. This is a reason why we have big-bellied comrades leading the youth. Unhealthy lifestyle does not only squander one's intellectual status, but even physical appearance is challenged. The only time some comrades get to exercise is during singing during political gatherings.

Not that young comrades should be vegans or vegetarians, but they should pursue a healthy living. We should learn from history that there is a number of significant leaders who were claimed by strokes and heart attacks. We also have to note those like Chris Hani who embarked on healthy living.

Revolution is an intellectual lifetime course. Those who are intellectually well balanced, physically fit, those who are living healthy lifestyles are at the advantage of cultivating a sober approach even to the narrowest manifestations of capitalism. Young comrades should not be encouraged to bestow themselves to lifetime drunkenness, but to be sober thinkers with well-balanced intellect and body.